

SENIOR LINK

Connecting Seniors Through Fellowship, Fitness & Fun!
Volume 15, Issue 3 • September — December, 2015



INSIDE THIS ISSUE

Activities	2
Breakfast Club	3
Calendar of Events	4
Drop-In Activities	3
Health Screenings	3
Out-to-Lunch Bunch	3
Food & Fun	3
Travel Opportunities	1

SENIOR TRANSPORTATION

Henry County Parks and Recreation provides transportation services to senior citizens, particularly those who reside in rural areas, that are residents of Henry County and are sixty years of age and older. Preference is given to the elderly, transportation disadvantaged and disabled. Contributions are appreciated. For a ride, call 634.4644.

Regular Transportation Schedule
Monday & Tuesday
Senior Nutrition Sites
Monday – Thursday
Demand Response

HOLIDAY CLOSINGS

Henry County Parks & Recreation
will be closed on

Labor Day: September 7
Columbus Day - October 12
Veterans Day - November 11
Thanksgiving - November 26-27
Christmas - December 24-25

The 50 + Club activities are designed specifically for individuals 50 years of age and older. Individuals under the age of fifty should feel free to enjoy all other age appropriate activities offered by the recreation section of our department.

UPCOMING TRAVEL NEWS...

MYSTERY TRIP

Henry County Parks & Recreation will sponsor a Mystery Trip for seniors on October 1st, 2015. Pre registration required by calling 634.4644. Payment due by September 11, 2015.

Time/Days: Thursday, October 1, 2015 Location: ??? Cost: \$137

AMERICAN MUSIC JUBILEE

Henry County Parks & Recreation will sponsor a trip to the American Music Jubilee in Selma, North Carolina. This Music Variety Show is a two hour extravaganza that will have you singing along with your favorite songs, laughing out loud, and feeling a sense of pride as they pay tribute to this great country. Motorcoach transportation, matinee performance at the American Music Jubilee and dinner at the Homestead in Roxboro, North Carolina are included. Pre-registration is required by calling 634.4644. The payment for the trip is due September 11th for the regular season show and October 12th for the Christmas show.

Time/Days: October 15th (Regular season show) • November 12th (Christmas show)
Location: American Music Jubilee
Cost: \$98.00 per person for the regular season show • \$108.00 for the Christmas Show

MYRTLE BEACH, SOUTH CAROLINA

Start celebrating the Christmas season early with a trip to Myrtle Beach, South Carolina where the average temperature in November is 69 degrees. The trip includes: roundtrip motor coach transportation, hotel accommodations and taxes for two nights, baggage handling for one bag per person, admission to the Alabama Theatre Christmas Show, admission to the Carolina Opry Christmas Show, admission to the Holiday Fanta Sea Show, two dinners, two breakfasts and free time for shopping at the outlet stores if time allows. Reservations are being accepted now by calling 634.4644.

Time/Days: Monday, November 2-4, 2015 Location: Myrtle Beach, South Carolina
Cost: Double Occupancy - \$380.00 per person (two in a room)
Single Occupancy - \$484.00 for one person in the room

SENIOR FALL GOLF TOURNAMENT

Henry County Parks & Recreation in conjunction with the Martinsville Senior Center and Beaver Hills Golf Course is slated to host a Fall Senior Golf Tournament for men and women 50 years of age and older using the Calloway Handicap scoring system. Refreshments will be served after the first nine holes and immediately following the tournament. Please contact Beaver Hills Golf Course at 632.1526 for information on qualifying for the tournament.

Time/Days: Tuesday, September 15th • 8:00am
Location: Beaver Hills Golf Course • 325 Beaver Hills Club Drive, Martinsville, VA
Cost: \$10 entry fee for members • \$16 entry fee for non-members

CAPTAIN'S CHOICE GOLF TOURNAMENT AT HERITAGE GOLF CLUB

Henry County Parks & Recreation will sponsor a Captain's Choice Golf Tournament for Seniors at Heritage Golf Club. Trophies will be awarded and refreshments will be served. Pre-registration is required. For additional information regarding pre-registration, please call 634.4644.

Time/Day: Monday, October 5, 2015 • 9:00am Location: Heritage Golf Club
Cost: \$20 entry fee for non-members • \$15 entry fee for members

SENIOR LADIES SAFETY & FIREARMS CLASS

The Henry County Sheriff's Office in cooperation with the Henry County Parks & Recreation Department will sponsor a safety and firearms class for ladies fifty years of age and older. Information will be provided on gun safety and ladies will have an opportunity to shoot at the range. You are required to furnish your own firearm, bullets or blanks, and transportation to the shooting range. Pre-registration is required. For additional information or to pre-register, please call 634.4644 no later than August 28, 2015. Space is limited to twelve participants so please call early.

Time/Days: Tuesday, September 22, 2015 • 1:00pm — Rain date: September 24th
Location: Henry County Sheriff's Office Conference room and shooting range. The shooting range is located on Jack Dalton Road past the Jack Dalton Park and green boxes.
Cost: Free

LUNCH CLUB

The Lunch Club is open to all adults age 50 and above. Join us for lunch at Hugo's in Uptown Martinsville. Come out to fellowship and make some new friends. Hugo's offers a special where seniors can eat for \$3.99 on Wednesdays. Come out and enjoy dining in a casual atmosphere at a valued price.

Time/Days: 1st Wednesday in September & November • 1:00pm
Location: Hugo's, 10 East Church Street, Martinsville, VA
Cost: Individual is responsible for cost of lunch

Contribution Policy

We would like to take this opportunity to make you aware that under the Older Americans Act, persons must be given an opportunity to make monetary donations to the transportation program, recreation activities, and disease prevention/health promotion programs. Contributions may be made in person at the Henry County Parks and Recreation office in the Henry County Administration Building (room #203) or by mail, addressed to: Henry County Parks & Recreation, Attn: Senior Services, PO Box 7, Collinsville, VA 24078.

SENIOR LINK

Senior Services
PO Box 7
Collinsville, VA 24078

BULK RATE
MAILING PERMIT #22
COLLINSVILLE, VA
24078



The Benefits are Endless!
www.henrycountyva.gov/parksandrec



Calendar of Events

(Activities are for those 50+ unless otherwise noted.)



September

1Bingo
3Bridge
8Blood Sugar Screening
15Bingo
15Out To Lunch
15Blood Pressure Screening
17Bridge
21Art of the Month
22Breakfast Club
22Book Bingo

October

1Bridge
2First Fridays at the Lanes
6Bingo
6Fundamentals of Bowling
13Blood Sugar Screening
13Fundamentals of Bowling
15Bridge
19Art of the Month
20Bingo
20Out to Lunch
20Blood Pressure Screening
20Fundamentals of Bowling
27Breakfast Club
27Book Bingo
27Fundamentals of Bowling

November

3Fundamentals of Bowling
3Bingo
5Bridge
6First Fridays at the Lanes
10Blood Sugar
16Art of the Month
17Bingo
17Out to Lunch
17Blood Pressure Screening
19Bridge
24Breakfast Club
24Book Bingo

December

1Bingo
4First Fridays at the Lanes
3Bridge
8Blood Sugar Screening
15Bingo
15Out to Lunch
15Blood Pressure Screening
17Bridge
22Breakfast Club
22Book Bingo

Activities are canceled if Henry County Schools are closed due to inclement weather. If schools are delayed activities to be held in the morning are canceled. If activities are in the afternoon, they will continue as planned. If in doubt, call the office at 276-634-4644.

A date, time, place or detail for an event may change without notice. Please call our office for final details.

Fellowship and Fun

MOVIE DAY

Henry County Parks & Recreation plans to spend a few afternoons at the movie theater. The movies that play in our area may change from week to week and that change generally occurs on Fridays. We will announce the movie we plan to attend on or before the Friday before the week we plan to go. Give us a call at 634.4644 to check on the movie we plan to see and for additional details. If you choose to provide us with an e-mail address, we will be happy to send the information to you. Hope you make plans to join us.

Location/Cost: To be announced
Time/Days: Varies

ADVANCED ANDROID DEVICE CLASS - TECHNOLOGY ON THE MOVE

Do you have an Android phone or tablet? Are you familiar with Facebook, Twitter and Instagram? Join Henry County Parks & Recreation and the Virginia Cooperative Extension Office for a class on how to use Android devices. Please be sure to bring your device to class with you or let us know if you need to borrow one while in class. Questions regarding these devices are welcome. Please call Henry County Parks & Recreation at 634.4644 to register as space is limited.

Time/Days: Tuesday, October 20th
9:00am - 11:00am
Location: Henry County Admin. Bldg.
Summerlin Board Room
3300 Kings Mountain Rd, Martinsville, VA
Cost: Free

SENIOR BOWLING APPRECIATION DAY

Henry County Parks & Recreation and Sportlanes are proudly sponsoring Senior Bowling APPRECIATION DAY. Senior bowling is a great way for people to get active, get healthy and have fun. We appreciate those seniors who are bowling on the senior leagues and would like to encourage additional senior participation in the leagues. Bowling could play a part in promoting a healthier lifestyle for you. We invite anyone fifty years of age and older to bowl with us for free on Friday, September 4 at Sportlanes from 9:00 am to 11 am. We will have information available about the upcoming senior leagues. Bring a friend and join us for some fun.

Time/Days: Friday, September 4 • 9:00am - 11:00am
Location: Sportlanes, 10 Koehler Road
Martinsville, VA
Cost: Free 50 years of age and older

GOLDEN CROSSFIT 276

Start your morning off with a senior exercise class two days a week at CrossFit 276. CrossFit 276 will be offering a senior exercise class that can help you with flexibility, strength, and cardio in a great social atmosphere. The workouts are scalable and adaptable to each client's physical ability. Please call Henry County Parks & Recreation at 634.4644 or CrossFit 632.3276 if you are interested in the class, need additional information or would like to register. You may also direct questions about CrossFit at CrossFit276@gmail.com.

Time/Days: Mondays & Thursdays at 10:00am
Location: CrossFit 276
31 East Church Street, Martinsville, VA
Cost: \$3 per class

YOGA

A Yoga class is a great way to start your morning. Join us for a Yoga class designed to give you greater relaxation, energy and joy. You must provide your own yoga mat and pre-register at 634.4644. Space is limited for this free class so please sign up early.

Time/Days: Tuesdays • 11:00am
Location: Stanleytown United Methodist Church in the fellowship hall
24 Maplewood Ave., Stanleytown, VA
Cost: Free

ART OF THE MONTH

Join us for our Art of the Month class. Karen Eggleston, QVC artist, will instruct a class at the Collinsville Branch Library each month. This unique craft also makes a great gift! Space is limited so pre-register early at 634-4644.

Time/Days: Class times are Mondays from 3pm - 5pm & 6pm - 8pm

September 21 "HALLOWEEN WINE BOTTLE"
Halloween is just around the corner! Join us and paint a clear wine bottle with a Halloween motif. This is sure to be an all-time favorite project.
Class cost: \$15.00

October 19 "TURKEY EGG"
Thanksgiving is not that far away. So it's time to start thinking about your Thanksgiving decoration. Join us for this class and you will learn how to apply a silk screen print of a Turkey on a Turkey Egg. Class Cost: \$15.00

November 16 "CHRISTMAS ORNAMENT"
Check this class out back by popular demand. You will start with a Styro foam egg and create your very own pine cone Christmas tree ornament.
Class cost: \$16.00

Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA

"ADVANCED BEGINNER" COMPUTER CLASS

If you already have basic computer skills and are ready to learn more, join us for an "Advanced Beginner" Computer Class at the Collinsville Branch Library. This class will teach seniors fifty years of age and older about protecting your computer from viruses and malware, backing up your data, and more. Bring your laptop for a more hands-on experience, though it isn't a requirement for this class. You must pre-register by calling 634.4644 as space is limited to eleven participants. The class will be held after the library closes, so we ask that you arrive before 5:00 pm.

Time/Days: Wednesdays • 5:00pm for Five Weeks
Starting October 28th (No Class Nov. 28th)
Location: Collinsville Branch Library
2540 Virginia Avenue, Collinsville, VA
Cost: Free

BURLAP MESH FALL THEMED WREATH

Burlap is in! Looking for that natural look with a bit of flare? Then, bring an expression of Autumn to your front door by joining us for a Burlap Mesh Fall Themed Wreath making class that will be sure to please. Colors of orange, yellow, and brown mixed with some whimsical fall creatures and accents will finish off this hand-made beauty created especially by you! Cost is \$30.00. All materials will be provided. Pre-registration and payment is required by September 11, 2015 in order to insure that all supplies can be obtained by the date of the class. You may register with the Virginia Cooperative Extension Office in person or call 634.4650 and forward payment to: HCM-VCE, PO Box 7, Collinsville, VA 24078.

Time/Days: Wednesday, September 23rd • 10:00am
Location: Henry County Admin. Bldg. Rm #2
3300 Kings Mountain Rd., Martinsville, VA
Cost: \$30

SENIOR LINE DANCE

Line Dance Class is open to all adults age 50 and above. Line Dance Class is designed to be a fun way of learning new line dances and encourage social interaction with other seniors.

Time/Days: Tuesdays at 10:00am
Location: Teresa's School of Baton and Dance
50 Coffman Drive, Collinsville, VA
Cost: Weekly or monthly fee

FUNDAMENTALS OF BOWLING

Sportlanes and Henry County Parks & Recreation will be hosting a class designed to teach individuals fifty years of age and older the fundamentals of bowling. Learn the basics of bowling in just a few short weeks. The class will teach you how to properly hold the bowling ball, how to roll the bowling ball, using proper stance, and utilizing the computer for scoring. Beginners and experienced bowlers are welcome to attend. Pre-registration is required by calling 634.4644. Space is limited so please sign up early.

Time/Days: Tuesday of each week for five weeks
Beginning October 6th
1:00pm - 2:00pm
Location: Sportlanes, 10 Koehler Road,
Martinsville, VA
Cost: \$20 for five weeks

HEALTH SCREENINGS & INFO.

Martinsville Urgent Care will be available every 4th Thursday of each month to provide free health screenings and health care information to individuals 50 years of age & older. A member of their staff will be available to check your blood pressure and conduct a random blood sugar test. Blue Ridge Village will be available to discuss alternative health care needs and Mountain Valley Hospice & Palliative Care will conduct an individual oxygen saturation test. You may want to call the office the day before the screening to confirm the provider you are interested in will be on-site. Last minute changes sometimes occur. For additional information, please call Henry County Parks & Recreation at 634.4644.

Date/Time: September 24th and October 22nd
9:00am - 11:00am
Location: Henry County Admin. Bldg. Lobby
Cost: FREE

CANDY CANE DECO MESH WREATH

Bring the Jolly of Christmas to your front door this season with "eye candy" that is sure to delight! Join us in making a Candy Cane Deco Mesh Wreath finished off with a beautiful bow hand-made especially by you! Cost is \$20.00. All materials will be provided. Pre-registration and payment is required by November 3, 2015 in order to insure that all supplies can be obtained by the date of the class. You may register with the Virginia Cooperative Extension Office in person or call 634.4650 and forward payment to: HCM-VCE, PO Box 7, Collinsville, VA 24078

Time/Days: Tuesday, November 17th
10:00am
Location: Henry County Admin. Bldg. Rm. #2
3300 Kings Mtn. Road
Martinsville, VA
Cost: \$20

AARP DRIVER SAFETY PROGRAM

Henry County Parks & Recreation in conjunction with the AARP Driver Safety Program will sponsor an eight hour classroom refresher course on driver safety. The class will be taught over a two day period, and it is specifically designed for driver's 50 years of age and older. There is an auto insurance discount for participating in this course; however, you will need to consult your individual insurance agent or company regarding the discount. Register early by calling 634.4644 as space is limited.

Time/Days: September 14 & 15
12:30pm - 4:30pm
Location: Henry County Admin. Bldg. Rm #2
3300 Kings Mountain Road
Martinsville, VA
Cost: \$15 for AARP members
\$20 non-members



Fellowship, Food & Fun



BREAKFAST CLUB

The Breakfast Club is open to all adults age 50 and above. This program is designed to be a fun and socially interactive way to meet people and enjoy breakfast in a nice atmosphere.

- Time/Days:** 4th Tuesday of each month, 8:30am
Location:
 September 22 Clarence's Steak & Seafood
 6636 Greensboro Road, Ridgeway, VA
 October 27 Skip's Restaurant
 900 Starling Avenue, Martinsville, VA
 November 24 Sirloin House
 530 Commonwealth Blvd., Martinsville, VA
 December 22 Fieldale Café
 63 Marshall Way, Fieldale, VA
Cost: Individual is responsible for cost of breakfast

OUT-TO-LUNCH BUNCH

The Out-To-Lunch Bunch is open to all adults age 50 and above. Join us at a local restaurant for lunch. Everyone is welcome.

- Time/Days:** 3rd Tuesday of each month • 1:00pm
Location:
 September 15 Skip's Restaurant
 900 Starling Avenue, Martinsville, VA
 October 20 Clarence's Steak & Seafood
 6636 Greensboro Road, Ridgeway, VA
 November 17 Third Bay Café
 1163 Spruce Street, Martinsville, VA
 December 15 Dutch Inn
 2360 Virginia Avenue, Collinsville, VA
Cost: Individual is responsible for cost of lunch.

SENIOR NUTRITION SITES

Join us for entertainment, socializing and a good hot lunch. This program is for seniors sixty years of age and older and all income levels. Come join the fun, food and fellowship. If you are interested in attending, please call 634.4644.

- Time/Days:** Mondays, 11:00am – 1:00pm
Location: Moral Hill Missionary Baptist Church in the fellowship hall
 50 Moral Hill Drive, Axton, VA
Cost: Suggested donation
Time/Days: Tuesdays, 11:00am – 1:00pm
Location: EMI Building
 3289 Riverside Drive, Bassett, VA
Cost: Suggested donation

BOOK BINGO

Henry County Parks & Recreation Senior Services and the Collinsville Branch Library will sponsor Book Bingo for adults 50 years of age and older. If you are interested in learning about great books, winning prizes and light refreshments, this is the activity for you. For additional information please call 276-634-4644.

- Time/Days:** September 22, October 27, November 24 and December 22 • 1:30 pm – 3:00 pm
Location: Collinsville Branch Library
 2540 Virginia Avenue, Collinsville, VA 24078
Cost: Free/Book donations are accepted at Collinsville Branch Library or Henry County Parks & Recreation

BRIDGE CLUB

The Bridge Club is open to all adults age 50 and above. Bridge is designed to be a fun and socially interactive way for seniors to enjoy playing cards. Those beginners who know how to play as well as experienced Bridge players are welcome. For additional information, please call 276-634-4644. (To ensure no one goes away without playing, please plan ahead to have four people play at your table.)

- Time/Days:** 12:30 p.m. • 1st and 3rd Thursdays of each month
Location: Henry County Administration Building in Room #1
Cost: Donation

FIRST FRIDAYS AT THE LANES

Sportlanes is the place to be on the first Friday of each month. Join us for First Fridays at the Lanes Senior Social. Sportlanes in conjunction with the Henry County Parks & Recreation will sponsor the Senior Social with each game of bowling costing only \$1.00 with coffee and refreshments provided free. Come on out and socialize, bowl and just have a good time.

- Time/Days:** Fridays, October 2, November 6 and December 4
 9:00am - 11:00am
Location: Sportlanes
 10 Koehler Road, Martinsville, VA
Cost: \$1 per game

WALK ON THE DICK & WILLIE TRAIL

Let's go walking on the Dick & Willie Passage. This 4.5 mile paved trail follows the path of the old Danville & Western Railway, starting on the west end of Virginia Avenue, continuing across Martinsville & Henry County and ending at Mulberry Creek. We plan to walk on Mondays and Wednesdays, weather permitting. Just remember that any increase in walking will promote good health. Seniors interested in this program will need to pre-register with Henry County Parks & Recreation Senior Services at 634.4644.

- Time/Days:** Mondays & Wednesdays • 8:15 am (Weather permitting, except holidays.)
 The time will change to 9:15am effective October 5th.
Location: Liberty Street Trailhead of the Dick & Willie Passage

SENIOR FALL BOWLING LEAGUE

The Senior Fall Bowling League is open to all adults age 50 and above. The senior bowling league is designed to be fun and allow for seniors to get some exercise. Beginners as well as experienced bowlers are welcome. Pre-registration is required to bowl. Names will be taken on a first-come, first-serve basis. For additional information or to pre-register, please call 632.6060. Registration ends September 2, 2015 or when teams are filled.

- Time/Days:** Wednesdays • 9:15am, Beginning September 9th, Practice begins at 9:05am
Location: Sportlanes, 10 Koehler Road, Martinsville, VA
Cost: \$5.00 initial registration fee and \$5.00 per week for three games, including bowling ball and shoes. The \$5.00 fee must be paid whether you bowl on league day, pre-bowl or are absent.

DROP-IN ACTIVITIES

- Bingo** 1st & 3rd Tuesdays each month
 1:00p.m. (Cancelled December 15th)
Bridge 1st and 3rd Thursdays of each month
 12:30 p.m. (Please have four people to play at your table.)
Book 4th Tuesday of each month
Bingo 1:30pm - 3:00pm
Walking Club Mondays & Wednesdays
 Weather Permitting, please call office for start date and time.
Dick & Willie 8:15am Mondays & Wednesdays
 (Weather permitting except holidays. Time will change to 9:15am on 10/5/2015)

Activities are held at the Henry County Admin. Building in Room #1 (right side room next to the main boardroom.) The Walking Club meets at Jack Dalton Park located off Kings Mountain Road. Book Bingo meets at the Collinsville Branch Library.

DROP-IN HEALTH SCREENINGS

The drop-in health screenings are free and available to all adults 50 and above. These screenings are designed to promote awareness and healthier lifestyles for seniors.

- GOLDEN LIVING CENTER WILL CONDUCT A FREE BLOOD PRESSURE SCREENING:**
Time/Days: September 15, October 20, November 17
 from 12:30pm to 1:00pm
Location: Room # 1 of the Henry County Admin. Bldg.
PRIVACARE WILL CONDUCT A FREE BLOOD SUGAR SCREENING
Time/Days: September 8, October 13, November 10 and December 8 from 8am to 9am
Location: Room # 1 of the Henry County Admin. Bldg.